

Mecklenburg County Aquatic Center

Water Exercise

Easy Does It– Low Intensity

M/W/F – 11:15am – 12:15pm

\$40/\$30

\$40/\$30

\$52/\$39

March 4-27

April 1-26

April 29-May 31

94272

94273

94274

** No Class 3/22

**No Class 4/19, 4/24

**No Class 5/10, 5/27

Water Aerobics– Moderate Intensity

M/W/F – 5:45pm – 6:45pm

\$40/\$30

\$36/\$27

\$52/\$39

March 4-27

April 1-24

April 29-May 31

94275

94276

94277

** No Class 3/22

**No Class 4/5, 4/19,4/26

**No Class 5/10,5/27

T/TH – 5:30pm – 6:15pm

\$28/\$21

\$32/\$24

\$40/\$30

March 4-27

April 1-24

April 29-May 31

94278

94279

94280

Aquatonic– High Intensity

M/W– 6:45pm – 7:30pm

\$32/\$24

\$32/\$24

\$36/\$27

March 4-27

April 1-26

April 29-May 29

94281

94282

94283

** No Class 3/22

**No Class 4/5,4/19,4/26

**No Class 5/10,5/27

Mecklenburg County Park & Recreation

Mecklenburg County Aquatic Center

Easy Does It

A low-level, low impact exercise class. Activities include water walking, aerobic exercise to build cardiovascular endurance and range-of-motion classes. Class is held in Shallow Water.

Water Aerobics

Water Aerobics is a great way to exercise joints and muscles. Instructor will use different equipment to work all muscle groups and joints. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.

Aquatomic

All-over-body toning and cardiovascular workout that combines short bursts of intense exercises. Aquatomic is designed to improve core strength, conditioning, body strength, and endurance. This is an advanced class but all fitness levels are welcomed as all exercises can be modified. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.